

Chapter 4

Lesson 9 Leisure Time

Theme: Free Time Choices That Help Relax, Rock & Rejuvenate

Lesson Objective:

Students will determine the links between personal free time choices, personal values and goals, and life style balance. Students will evaluate the degree to which their personal choices reflect their own personal values. Students will determine the links between personal free time choices, personal values and goals, and life style balance. Students will evaluate the degree to which his personal choices reflect his own personal values. (See matrix for Arizona Academic/Adult Standards).

Steps to Follow:

“The game of life is a lot like football. You have to tackle your problems, block your fears, and score your points when you get the opportunity.” --Unknown

Introduce lesson with the self-talk litany. Ask how the Big Ideas fit with this lesson.

1. Ask students to define leisure and rejuvenate.
2. Ask for an example(s) of leisure activities.
3. Hand out *Leisure – Rest, Rock, Rejuvenate A S1*. Read the directions aloud and complete columns 1 and 2. Notice differences and similarities.
4. Fill in columns 3 and 4.
5. Notice similar and dissimilar choices. Perhaps an activity choice that relaxes one person, yet rocks another. (Does it also depend on your definition of “rock”?) Ask students what the advantages/disadvantages of trying new activities. Ask the advantages/disadvantages of staying with familiar activities.
6. Ask the students to note the activities they do that are done alone and the activities done with others. Is there a balance? Ask them to note the activities they do that are physically active, requiring physical skill. Have them note activities that are mental, requiring an agile mind. Have them compare the activities that require both physical and mental energy and skill. Is there a balance?
7. Hand out *Leisure – Rest, Rock and Rejuvenate – B S2*. Complete activity.

8. Hand out *Leisure – Rest, Rock & Rejuvenate - C: If I Need to Know, Where Do I Go?* S3. Ask what R, R&R stands for. Read the instructions, both sections. Complete the activity. If time is short, omit the second section.
9. Complete *Leisure: Rest, Rock & Rejuvenate – D* S4. Answer all questions. Guide the discussion to emphasize:
 - *The advantages to realizing that there are many choices of activities that successfully meet leisure needs.*
 - *The link between their free time choices that are “right” for them, and their values, goals and their comfort living with the consequences of a choice*

Materials:

Leisure – Rest, Rock, Rejuvenate A S1

Leisure – Rest, Rock and Rejuvenate – B S2

Rest, Rock & Rejuvenate - C: If I Need to Know, Where Do I Go? S3

Leisure: Rest, Rock & Rejuvenate – D S4

Evaluation:

Rubric.

Enrichment:

Planning Calendar at the end of this lesson. Review all lesson activities. Transfer helpful, important information to *Planning Calendar*.

Leisure: Rest, Rock, Rejuvenate

S1

Directions:

1. List three activities that relax you, rock you, rejuvenate you now.
2. List three activities that relaxed, rocked or rejuvenated you when you were 5-6 years old.
3. Ask a classmate, fill in the chart. Ask your instructor, or another adult and fill in the chart.

	Me now	<i>Me at 6 years old</i>	Classmate	Instructor
Relax	1.			
	2.			
	3.			
Rock	1.			
	2.			
	3.			
Rejuvenate	1.			
	2.			
	3.			

Notice differences. Notice similarities.



Directions:

On the line, write **D** if you do this activity. Write **L** if you would like to try the activity or learn more about it.

- ___ Play basketball
- ___ Go boating
- ___ Play golf ___ football ___ tennis
- ___ Watch sports on TV
- ___ Skateboard
- ___ Fish
- ___ Camp
- ___ Cook
- ___ Fix Car
- ___ Go hunting
- ___ Float on a raft
- ___ Camp out
- ___ Hike
- ___ Snow ski ___ water ski
- ___ Go to the beach
- ___ Lift weights
- ___ Bike
- ___ Eat healthy foods
- ___ Stretch
- ___ Walk
- ___ Join a gym or community center
- ___ Do aerobics
- ___ Kiss and cuddle
- ___ Listen to soft music ___ listen to loud music
- ___ Soak in a hot tub
- ___ Get a massage
- ___ Eat at a nice restaurant
- ___ Take a bubble bath
- ___ Earn money
- ___ Shop
- ___ Improve outward appearance
- ___ Drive to a new place
- ___ Visit a new city
- ___ Travel to a foreign country
- ___ Be in nature
- ___ Watch wildlife
- ___ Watch sunrise ___ sunset
- ___ Watch stars
- ___ Surf



- ☐ Surf the Internet
- ☐ Redecorate home/room
- ☐ Garden
- ☐ Make home repairs
- ☐ Meditate
- ☐ Read daily meditations
- ☐ Learn about community theater group
- ☐ Go to a play
- ☐ Go to a concert
- ☐ Write in a journal
- ☐ Create artwork
- ☐ Go to a museum
- ☐ Write poetry ☐ write song lyrics
- ☐ Play musical instrument
- ☐ Read book or magazine
- ☐ Learn about classes at Parks and Rec
- ☐ Play computer video games
- ☐ Play math games
- ☐ Sew
- ☐ Play cards
- ☐ Go to the library
- ☐ Help family members
- ☐ Play with children
- ☐ Be with family
- ☐ Spend time with friends
- ☐ Hug
- ☐ Be with partner
- ☐ Volunteer/help others
- ☐ Write letters
- ☐ Learn about volunteer programs at hospital/community center/animal shelter/arts center/church
- ☐ Study the Bible
- ☐ Pray
- ☐ Go to church

What interferes with you trying a new activity? How would you overcome this obstacle?



Leisure: Rest, Rock & Rejuvenate – C: If I Need to Know, Where Do I Go?

S3

Directions: Look at your list of activities. Pick 6 of the activities you marked “L”. Using the phone book or any of your other resources, fill in the chart below.

Activity Center	Telephone #	Address/Website	Questions to ask

Directions: Look again at your list of activities. Select 6 activities you marked D or L. Schedule them on the calendar below. Is there an activity you can do every day, once a week, with friends or family? Can you include activities that require physical energy and mental energy, or both?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



Leisure: Rest, Rock & Rejuvenate

S4

Stop and think



1. It's not the activity that's important, it's what the activity does for you, that's important. People can react to the same activity in different ways. Loud music can be relaxing, rocking or rejuvenating depending how you respond to it.

AGREE

DISAGREE

AGREE AND DISAGREE

Explain:

2. Sometimes an activity that's relaxing one day isn't relaxing at all the next. For instance, sometimes being by yourself where it's quiet is relaxing; at other times being alone is lonely and nerve racking.

AGREE

DISAGREE

AGREE AND DISAGREE

If I need to relax, I can always _____

If I need to rock _____

If I need rejuvenation in mind and body I

3. Some people go through their life not choosing fun activities that help them relax, rock or rejuvenate. Do you know someone like this? Tell what it's like to be around them.

Have you ever suggested fun things they could do to lower their stress level, increase their energy or turn around their attitude? Did they try your suggestion?

4. The way people choose to spend their free time says a lot about them as an individual. Their choices can show vividly what they value. Look at your answers on your chart and to the 3 previous questions on this page. In your opinion, what do your answers show is important to you? List them here:

Why is it important to use your free time in ways that are right for you?

PLANNING Calendar for the month of _____

